

Healthy Aging



Stay Healthy at Any Age

A healthy lifestyle is key to healthy aging. These actions can help you stay healthy:



Eat plenty of fruits, vegetables, and whole grains.



Be physically active.



Do not smoke.



If you drink alcohol, do so in moderation.



Keep up with health screenings, such as blood pressure screenings, and vaccines, such as the flu shot.

If you live with a chronic illness, talk to your health care provider about ways to manage your illness and live a healthy life.

Reduce Your Risk of Falls

As you get older, a fall can be a serious and costly threat to your health. Fortunately, falls can be prevented.

Stay physically active: Physical activity is a great way to prevent falls, and strength and balance activities can be especially beneficial. Talk to your provider about the best kind of physical activity for you.

Have your vision and hearing checked: Vision impairment and hearing loss can both increase your risk of falls. Have your vision and hearing checked and wear glasses, contact lenses, and hearing aids as prescribed.

Make your home safer: Many falls happen at home. Find and fix trip and slip hazards and keep your home well lit.



Take Care of Your Mental Health

- Manage stress, stay connected with others, and get enough sleep.
- Make time to unwind with activities you enjoy.
- For mental health support, call or text 988 or chat at **nyc.gov/988**, anytime. Support is available in more than 200 languages.

To learn about factors that affect mental health and ways to improve it, visit **nyc.gov/mentalwellness**.

Stay Socially Active

- Spending time with others can improve your cognitive (brain), mental, and physical health.
- Take a free or discounted class at a library or local college.
- Stop by an older adult center for exercise classes, discussion groups, healthy meals, and other resources.
- Volunteer in your community.

/// Need help getting around?

The MTA offers reduced subway fares for New Yorkers age 65 and older. Access-A-Ride provides transportation for New Yorkers with disabilities. Visit **nyc.gov/aging** or call **311** to learn about other older adult services and programs.

Manage Your Medicines



Keep a list of all your medicines, including prescription and nonprescription medicines, and review it with your provider and pharmacist at every visit. Always take your medicines as prescribed.

Use a medicine log to keep track of doses throughout the day. Post it in a place where all caregivers can see it. For more helpful medicine safety tips and resources, visit **nyc.gov/medicinesafety**.

Ask your provider if any of your medicine side effects or combinations increase your risk of falling or make you more sensitive to hot weather. Heat can intensify some medicine side effects.

Safely dispose of expired, unused, or unwanted medicines.

Questions?

The NYC Poison Center can answer questions about medicines, including about dosing, side effects, and possible interactions. Their registered pharmacists and nurses can also give treatment information and advice, 24/7. Call 212-POISONS (212-764-7667). Calls are free and confidential. Interpretation services are available in more than 150 languages.

To learn more about the NYC Poison Center, visit **nyc.gov/poisoncontrol**.

Resources

Connect



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Find wellness programs for older adults:

Visit nyc.gov/health/healthyaging.

See how the City supports older New Yorkers:

Visit nyc.gov/aging.



Visit nyc.gov/health to find this health material and others in additional languages. You have the right to services in your language. Interpretation services are free at all NYC Health Department offices and clinics.